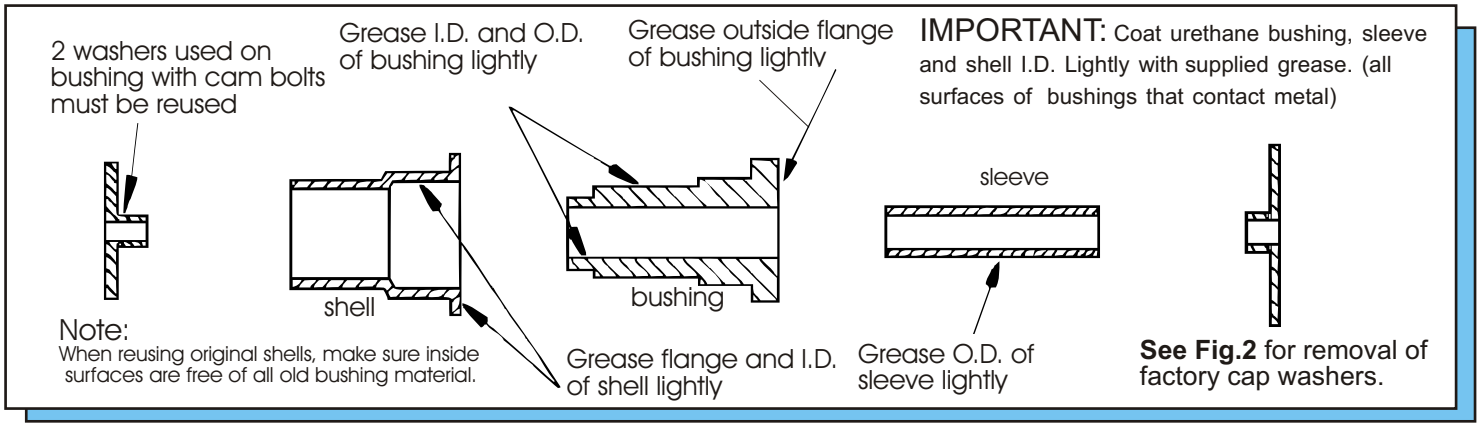
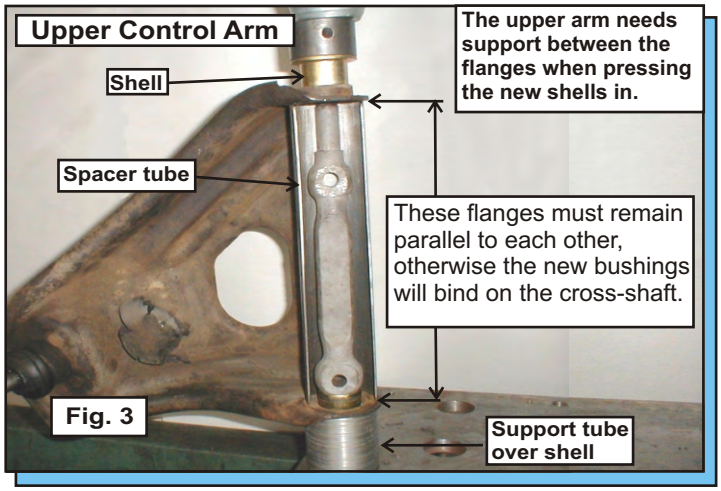
General Purpose Control Arm Bushing Instructions
(Diagram may not represent your exact bushing assembly)

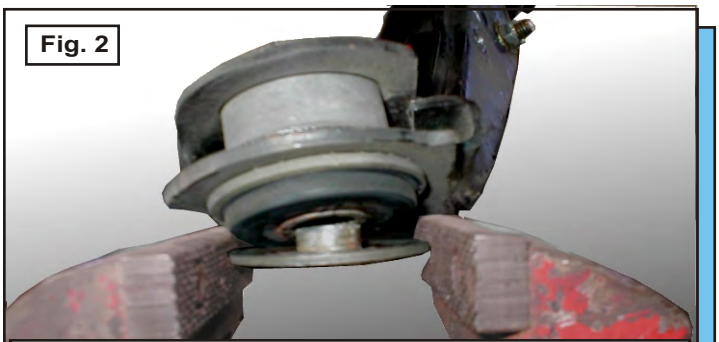
ENERGY SUSPENSION®

It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle.

If your new bushing kit does not have new shells and/or sleeves, you must reuse the original shells and /or sleeves. Do not press out shells. Leave shells in arm. To remove the old rubber from the factory shells and inner sleeves, apply light heat evenly around the outside of the control arm, **(Fig 1)** just enough to break the bond with the rubber. When you see light smoke coming from the sides of the bushing the bond should be broken. At no time should there be any flames coming from the rubber, if there are any flames, you need to back off with the heat. Just push the old rubber and inner metal sleeve out. Let the outer metal shells and sleeves cool off before cleaning**. If your new bushing kit has new shells and/or sleeves, you will need to press out the old shells.** Before removing old bushings from upper control arm measure from outside of shell to outside of shell and record this dimension for later use. This should be the same measurement after the new metal shells are pressed in.. **(Fig.3)** Note the locations of any washers on cross-shaft prior to removal. All washers, or spacers on shaft must be reused, and installed in correct location before installing new bushings. To keep from bending the flanges of the arm during installation of the new shells, use a piece of angle iron or channel cut to the size of the inside width of the flanges. Note: When a control arm shaft is used, it must be in position before installing bushings and/or new shells. Before removing old bushing from lower control arm measure outside of shell to outside of shell and record this dimension for later use. **(Fig. 4)** You will need to find something to put between the flanges before pressing out the old bushings and for pressing in the new shells. Use either metal channel, tubing, or thick wall PVC tubing for spacers**.** Grease I.D. of shell. Grease bushing and install in shell. Grease sleeve and install in bushing. Re-torque to hardware to factory specifications.







Cam Bolt style Bushing's use a special washer on each end of the sleeve. To remove cap washers on upper or lower control arms, clamp cap washer in vice and wiggle arm back and forth. When new washers are not supplied in kit, originals must be reused.